

# FRIDAY

Time	Program
5:00 pm Room: Hall	Convention Doors Open - Registration
6:00 PM Chair: Nicole H Room: Valley	Early Bird Speaker: Kim S - Belleville
7:00 PM Room: Hospitality	Samosa Social - Meet and Greet Suite
8:00 PM Chair: Russ E Room: York	Opening Ceremonies
8:15 - 9:15 PM Chair: Shanna P Room: York	Opening Speaker: Richard E - UK
9:15 - 10:30 PM Host: Bo M Room: York	CA GOT TALENT! Open Mic - 1st Place Prize Enter your name at registration
10:30 - 11:30 PM	Late Night Workshop - Sex/Relationship - Sonia B, Gary M, Ryan H
Chair: Ryan M Room: York	
11:30 PM Chair: Parthi T Located: Outside	Cigar Meeting (CACA)

# SATURDAY

Time	Program
9:00 - 9:30 AM Host: Jacqueline T Room: Commonwealth	Morning Meditation/Yoga/Journaling
10:00 - 10:45 AM Chair: Carolyn K Room: Commonwealth	Local Speaker: Ryan H - Ottawa
10:45 - 11:00 AM	Break
11:00 - 12:00 PM Chair: Kim C Room: Commonwealth	Tradition 1/Unity Workshop: Duane M - California/Richard E - UK
12:00 - 1:00 PM	Break
1:00 - 1:45 PM Chair: Victoria P Room: Commonwealth	Local Speaker: Sonia B - Toronto
1:45 - 2:00 PM	Break
2-2:45 PM Chair: Emily L Room: Commonwealth	Local Speaker: Gary M - Toronto

# SAT CONT.

Time	Program
2:45 - 3:00 PM	Break
3:00 - 4:00 PM Chair: H&I Committee Room: Valley	Hospitals & Institutions Workshop
4:00 - 5:30 PM	Break
5:30 PM Room: Commonwealth	Banquet Doors Open
5:45 - 7:00 PM Room: Commonwealth	Banquet
7:00 - 8:30 PM Chair: Jane Ann M Room: Commonwealth	Live Auction & Raffle
8:30 PM Chair: Russ E Room: Commonwealth	Keynote Speaker: Duane M - California
9:45 - 11:00 PM Hosts: Robert F - Montreal & Sonia B - Toronto Room: Commonwealth	Sobriety Countdown
11:00 PM - 12:00 AM Chair: Parthi T Location: Outside	Cigar Meeting (CACA)
11:00 PM - Closing Host: DJ Paule Room: Commonwealth	Dance House Party Set All Night Long!

# SUNDAY

Time	Program
9:00 - 9:30 AM Host: Jacqueline T Room: York	Morning Meditation/Yoga/Journaling
9:30 - 11:00 AM Room: York	Brunch
11:15 - 12:15 PM Chair: Pavan K Room: York	Closing Speaker: Anne W - UK
12:30 PM Chair: Russ E Room: York	Closing Ceremonies

## HOSPITALITY SUITE

### FRIDAY

6:00 PM TO 9:00 PM

### SATURDAY

8:00 AM TO 8:00 PM

# MARATHON MEETINGS (VALLEY ROOM)

## Friday

5:00 - 6:00 PM No Coke in Etobicoke  
"Fourth Dimension of Existence"

7:00 - 8:00 PM Lady Gang and Friends  
"Self-will run riot"

9:30 - 10:30 PM Bridge the Connection  
"Amends"

11:30 - 12:30 AM Happy Destiny  
"Step 6"

## Saturday

8:00 - 9:00 AM Cross the Line  
"Character Defects"

9:00 - 10:00 AM Saturday Night Live  
"Restless, Irritable, Discontent"

12:00 - 1:00 PM Sunlight of The Spirit  
"God Could and Would if He Were Sought"

4:00 - 5:00 PM Sudbury Solution Group  
"Lack of Power, that was our dilemma"

5:00 - 6:00 PM Sole Purpose  
"Practicing the Principles"

6:00 - 7:00 PM In the Trenches  
"Willingness"

11:30 - 12:30 AM No Rock on Brock  
"Promises Step 9/10"

## Sunday

8:00 - 9:00 AM Oshawa Muckers  
"Half Measures availed us nothing"

9:00 - 10:00 AM Sunday Night Lights  
"Fear"

IN THE SPIRIT OF TRADITION SIX,  
C.A. IS NOT ALLIED WITH ANY SECT,  
DENOMINATION, POLITICS,  
ORGANIZATION OR INSTITUTION



**RAFFLE & AUCTION  
TABLE WILL CLOSE  
SATURDAY AT 5 PM**



**SCAN HERE TO WIN!**  
SCAN CODE UNTIL  
6:30 PM SATURDAY



### **SERENITY PRAYER**

**GOD, GRANT ME THE SERENITY TO ACCEPT THE  
THINGS I CANNOT CHANGE,  
THE COURAGE TO CHANGE THE THINGS I CAN,  
AND THE WISDOM TO KNOW THE DIFFERENCE.**

### **THE TWELVE STEPS**

1. WE ADMITTED WE WERE POWERLESS OVER COCAINE AND ALL OTHER MIND-ALTERING SUBSTANCES — THAT OUR LIVES HAD BECOME UNMANAGEABLE.
2. CAME TO BELIEVE THAT A POWER GREATER THAN OURSELVES COULD RESTORE US TO SANITY.
3. MADE A DECISION TO TURN OUR WILL AND OUR LIVES OVER TO THE CARE OF GOD AS WE UNDERSTOOD HIM.
4. MADE A SEARCHING AND FEARLESS MORAL INVENTORY OF OURSELVES.
5. ADMITTED TO GOD, TO OURSELVES, AND TO ANOTHER HUMAN BEING THE EXACT NATURE OF OUR WRONGS.
6. WERE ENTIRELY READY TO HAVE GOD REMOVE ALL THESE DEFECTS OF CHARACTER.
7. HUMBLY ASKED HIM TO REMOVE OUR SHORTCOMINGS.
8. MADE A LIST OF ALL PERSONS WE HAD HARMED, AND BECAME WILLING TO MAKE AMENDS TO THEM ALL.
9. MADE DIRECT AMENDS TO SUCH PEOPLE WHEREVER POSSIBLE, EXCEPT WHEN TO DO SO WOULD INJURE THEM OR OTHERS.
10. CONTINUED TO TAKE PERSONAL INVENTORY AND WHEN WE WERE WRONG PROMPTLY ADMITTED IT.
11. SOUGHT THROUGH PRAYER AND MEDITATION TO IMPROVE OUR CONSCIOUS CONTACT WITH GOD AS WE UNDERSTOOD HIM, PRAYING ONLY FOR KNOWLEDGE OF HIS WILL FOR US AND THE POWER TO CARRY THAT OUT.
12. HAVING HAD A SPIRITUAL AWAKENING AS THE RESULT OF THESE STEPS, WE TRIED TO CARRY THIS MESSAGE TO ADDICTS, AND TO PRACTICE THESE PRINCIPLES IN ALL OUR AFFAIRS.

### **THE TWELVE TRADITIONS**

1. OUR COMMON WELFARE SHOULD COME FIRST; PERSONAL RECOVERY DEPENDS UPON C.A. UNITY.
2. FOR OUR GROUP PURPOSE THERE IS BUT ONE ULTIMATE AUTHORITY — A LOVING GOD AS HE MAY EXPRESS HIMSELF IN OUR GROUP CONSCIENCE. OUR LEADERS ARE BUT TRUSTED SERVANTS; THEY DO NOT GOVERN.
3. THE ONLY REQUIREMENT FOR C.A. MEMBERSHIP IS A DESIRE TO STOP USING COCAINE AND ALL OTHER MIND-ALTERING SUBSTANCES.
4. EACH GROUP SHOULD BE AUTONOMOUS EXCEPT IN MATTERS AFFECTING OTHER GROUPS OR C.A. AS A WHOLE.
5. EACH GROUP HAS BUT ONE PRIMARY PURPOSE — TO CARRY ITS MESSAGE TO THE ADDICT WHO STILL SUFFERS.
6. A C.A. GROUP OUGHT NEVER ENDORSE, FINANCE, OR LEND THE C.A. NAME TO ANY RELATED FACILITY OR OUTSIDE ENTERPRISE, LEST PROBLEMS OF MONEY, PROPERTY AND PRESTIGE DIVERT US FROM OUR PRIMARY PURPOSE.
7. EVERY C.A. GROUP OUGHT TO BE FULLY SELF-SUPPORTING, DECLINING OUTSIDE CONTRIBUTIONS.
8. COCAINE ANONYMOUS SHOULD REMAIN FOREVER NONPROFESSIONAL, BUT OUR SERVICE CENTERS MAY EMPLOY SPECIAL WORKERS.
9. C.A., AS SUCH, OUGHT NEVER BE ORGANIZED; BUT WE MAY CREATE SERVICE BOARDS OR COMMITTEES DIRECTLY RESPONSIBLE TO THOSE THEY SERVE.
10. COCAINE ANONYMOUS HAS NO OPINION ON OUTSIDE ISSUES; HENCE THE C.A. NAME OUGHT NEVER BE DRAWN INTO PUBLIC CONTROVERSY.
11. OUR PUBLIC RELATIONS POLICY IS BASED ON ATTRACTION RATHER THAN PROMOTION; WE NEED ALWAYS MAINTAIN PERSONAL ANONYMITY AT THE LEVEL OF PRESS, RADIO, TELEVISION AND FILMS.
12. ANONYMITY IS THE SPIRITUAL FOUNDATION OF ALL OUR TRADITIONS, EVER REMINDING US TO PLACE PRINCIPLES BEFORE PERSONALITIES.



## **28TH ANNUAL CONVENTION**

**SEPTEMBER 20-22ND 2024**

**TORONTO DON VALLEY**

**HOTEL AND SUITES**

**175 WYNFORD DR**

**WELCOME TO TORONTO**

**The purpose of the Southern  
Ontario Cocaine Anonymous  
Convention is to promote  
enthusiasm and unity within the  
Fellowship of Cocaine  
Anonymous, and financially  
support the local Area's effort  
to carry the message to the  
addict still suffering.**